



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

For Immediate Release:
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Governor Hoeven Proclaims 5 + 5 Month in North Dakota *North Dakotans Encouraged To Celebrate a Harvest of Good Health*

BISMARCK, N.D. – Governor John Hoeven has proclaimed September as *5 + 5 Month* in North Dakota to highlight the importance of eating fruits and vegetables at least five times a day and of being physically active for 30 minutes five days a week.

“I encourage all North Dakotans to celebrate a harvest of good health,” said *Healthy North Dakota* spokesperson Mikey Hoeven, First Lady of North Dakota. “The freshness and availability of produce from the farmers’ markets, our backyard gardens or grocery stores make it easier to eat five to nine servings of fruits and vegetables a day. Eating healthy foods is just one way we can help build a *Healthy North Dakota*.”

Nineteen North Dakota communities have been designated as *5 + 5 Communities* as a result of their plans to raise awareness, build skills and improve their communities’ nutrition and physical activity environment. The *5 + 5 Communities* Program is promoted by the North Dakota Department of Health and the NDSU Extension Service.

In proclaiming September 2005 as *5 + 5 Month* in North Dakota, Governor Hoeven encouraged all citizens to follow the example of the recognized *5 + 5 Communities*, who are leading the way to a *Healthy North Dakota*. According to the North Dakota Department of Health, consuming a diet rich in fruits and vegetables may reduce the risk of chronic diseases such as cancer, diabetes, heart disease and stroke and can help fight the increase in the number of adults and children who are overweight and obese. In addition, regular physical activity reduces the risk of developing diabetes and high blood pressure, helps maintain weight and promotes psychological well-being.

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For more information about *5 + 5 Month* and the *5 + 5 Communities* Program, contact Karen Ehrens, LRD, Cardiovascular Health Program consultant, at 701.223.2616, or Susan Mormann, state 5 A Day coordinator, North Dakota Department of Health, at 701.328.2305.

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PROCLAMATION
5 + 5 Month
SEPTEMBER 2005

WHEREAS, eating diets rich in fruits and vegetables may reduce the risk of chronic diseases such as cancer, diabetes, heart disease and stroke, while helping to decrease the number of adults and children who are overweight or obese; and

WHEREAS, eating five to nine servings of fruits and vegetables each day leads to better health; and

WHEREAS, regular physical activity five days a week for 30 minutes a day improves health, reduces the risk of developing diabetes and high blood pressure, helps maintain weight and promotes psychological well-being; and

WHEREAS, communities across the state are being recognized as *5 + 5 Communities* by implementing plans to improve the health of their citizens through nutrition and physical activity programs; and

WHEREAS, North Dakotans are encouraged to follow the example of the recognized *5 + 5 Communities* that are leading the way to a Healthy North Dakota by promoting physical activity and healthy diets rich in fruits and vegetables; and

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim September 2005, **5+5 Month** in the state of North Dakota.

John Hoeven
Governor